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<b>Prepared By:</b>		<b>Contact:</b>	

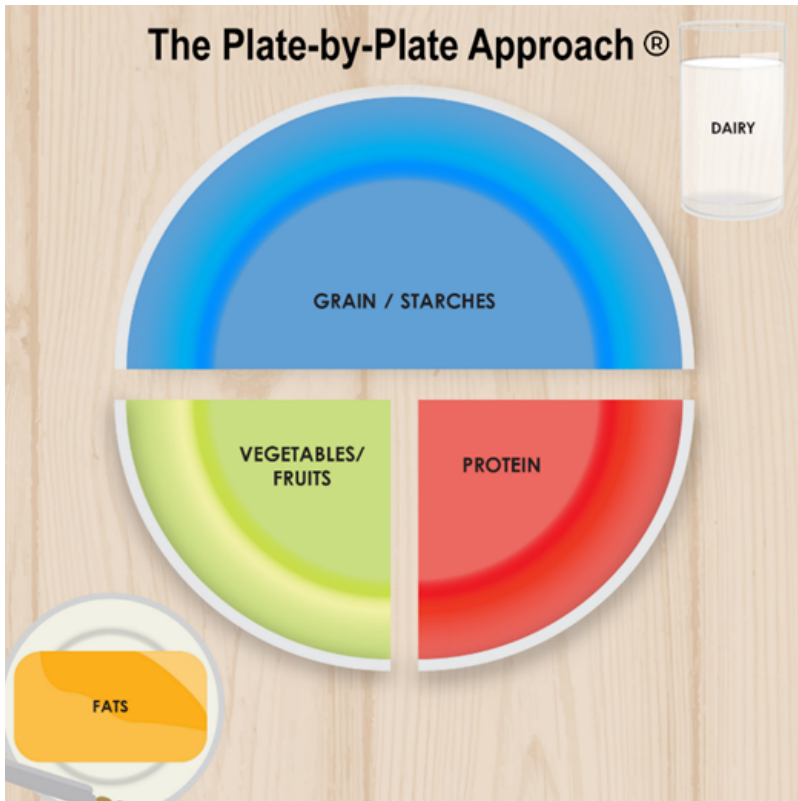
## Weight Restoration Nutrition Therapy (2023)

Your child's calorie needs are often high during weight restoration and nutrition recovery. Providing the right amount of food and nutrition to support your child's return to their previous growth pattern is a central focus in the early stages of treatment. Generally, it is best that you prepare the same meals and offer the same snacks your family typically eats. Include calorie-dense foods and caloric beverages to help your child meet their calorie needs.

Another goal of treatment is to support your child's return to a normal, balanced and flexible eating pattern. Offer foods your child used to eat and encourage a variety of foods and beverages. This approach may be challenging at first, but it will support your child in overcoming their eating disorder thoughts and fears of eating specific foods. You may need to offer challenging foods multiple times before your child will eat the food.

### Build a Plate for Weight Restoration

Using the plate can help you guide portion sizes and serve the amount of food your child needs for recovery. No measuring or counting is required.



## Tips

- Provide your child with 3 meals and 2-3 snacks daily.
- Use condiments and prepare foods with sauces, and fats/oils.
- You may include sweets and snack-foods to help meet your child's calorie needs.
- Avoid diet or low-fat foods because they will not help your child meet their calorie needs.
- For meals, fill a large plate typically utilized for meals (approximately 10-11 inches in diameter), leaving no empty space.
  - Grains (such as pasta, rice, bread, tortillas) should fill  $\frac{1}{2}$  of the plate.
    - Grain portions should be rounded or scooped onto the plate to ensure enough is served.
  - Proteins (such as eggs, meat, fish, beans/lentils) should fill  $\frac{1}{4}$  of the plate
  - Fruits and vegetables should fill no more than  $\frac{1}{4}$  of the plate.
- For snacks, fill a smaller plate (approximately 6-8 inches in diameter) with 2-3 food items, such as nuts, yogurt and fruit or granola bar, chocolate milk and fruit.
- Fats and oils (such as vegetable oils, butter, avocado, peanut/nut butters) should be added to most meals and snacks, or select foods that already contain fats and oils (such as chips).
- Include dairy foods such as yogurt, cheese, milk or ice cream in at least 3-4 meals and snacks.

### Meal Ideas to Fill Your Child's Plate: Example 1

Meal	Menu
Breakfast	2 scrambled eggs with cheese 3 pieces bacon 2 slices toast with butter Orange slices
Snack	2 tablespoons peanut butter 1 apple 4 graham cracker squares
Lunch	Turkey wrap made with: 12-inch tortilla 3 ounces turkey 2 slices cheese ½ avocado Spinach Cucumber slices Mayonnaise 1 ounce chips (2 handfuls) 1 cup grapes
Snack	1 cup cereal 1 cup whole milk Banana
Dinner	1 cup pasta with sauce 3 ounces ground beef or turkey Dinner roll with butter ½ cup broccoli 1 cup whole milk
Snack	1 cup regular yogurt ¼ cup granola ½ cup strawberries slices Honey

## Meal Ideas to Fill Your Child's Plate: Example 2

Meal	Menu
Breakfast	1 cup oatmeal (or 2 packets) with brown sugar ¼ cup sliced almonds (handful) 1 banana 1 slice toast with jam 1 cup whole milk
Snack	½ cup trail mix (2 handfuls) 1 cup chocolate milk
Lunch	1 cheeseburger made with: 3 ounce hamburger patty 1 bun 1 slice cheese Lettuce Tomato French fries with ketchup Apple slices 1 cup lemonade
Snack	1 cup carrot sticks (2 handfuls) ½ cup hummus or 2 tablespoons ranch dressing 1 ounce pretzels (2 handfuls) 1 cup apple juice
Dinner	3 ounces chicken or fish, baked 1 sweet potato, baked with butter ½ cup green beans, cooked 2 thick slices of garlic bread
Snack	1 cup ice cream 8 vanilla wafers

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### Notes